

# CLEAN

THE SOUTHWEST AREA OF



# TIMES

NARCOTICS ANONYMOUS

August 2010

## TOPICS

**STEP OF THE MONTH – August = STEP 8**  
**TRADITION OF THE MONTH – August = TRAD 8**  
**SUBCOMITTEE NEWS**  
**NEW MEETINGS**  
**POEMS**  
**PICTURES**  
**DRAWINGS**  
**PERSONAL STORIES**  
**QUOTES HEARD AT MEETINGS**  
**Sept. Topics – Step 9, Tradition 9**  
**Deadline 9/5/10**

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**Editors Note:** This is your Newsletter, for the people, by the people! Please send in your submission to help keep the Newsletter alive!

**STEP EIGHT – “We made a list of all persons we had harmed and became willing to make amends to them all.”**  
Just For Today pages: 58, 196, 205, 251, 292

### Coming Back

I was completing the step five word search puzzle and I noticed that I found the word “GOD” seven times. Now if that’s not a sign, I don’t know what is. For many years I was angry with GOD. I thought he just took everything away from me; relationships with my family, my kids, careers and my freedom. With NA I have realized that I am an addict and I put myself in those situations. I was just running away with my self-will. For my recovery to happen I need to believe in a higher power. I tried to work this program when I was still angry with GOD and I relapsed. But that wasn’t the only reason I relapsed. I didn’t have a sponsor, I didn’t stay connected, I didn’t go to meetings and most of all I forgot where I came from. I just wasn’t ready. I stayed out another two years. I picked up three new felony cases. Every County Sheriff knew who I was, what I was doing, who I was doing it with, and when and where I was doing it. I got tired of getting arrested. I got tired of constantly looking over my shoulder. Now I was ready to finally surrender. So once again I find myself in rehab. I was embarrassed to come back a second time and admit to them that I had failed. But, I was wrong. They were happy I came back and welcomed me with open arms. I learned that my higher power is working in my life and without him I wouldn’t be where I am today.

Dee Addict

## FREEDOM THROUGH FORGIVENESS

(Alternate Title: FREEDOM THROUGH FORGIVING)

Sometimes, we hear members sharing in meetings about their resentments - dealing with anger against people or institutions that had harmed them. When we are harboring resentments against these people or institutions, we find that we are giving them undue power and control over our feelings. This leaves us in the role of being a victim, which is an uncomfortable place to be and prevents any possibility for the spiritual condition necessary to experience the gift of forgiveness.

While working Steps 8 and 9, we sometimes find it difficult to become willing to make amends to people who we think have harmed us more than we have harmed them. It feels like there should be something that we can do to relieve the resentment against them. The Basic Text says that the 8th Step will show us how we need forgiveness from others, so we will begin to understand those who have harmed us, and become able to forgive them as well as ourselves. Some of us found that more work was necessary to be able to let go of the resentment and achieve forgiveness. With the guidance of our sponsor, we can work through these issues.

If we had another pair of Steps to deal with forgiveness, they might look like this:

Made a list of all those who had harmed us and became willing to forgive them all.

Forgave all these persons and institutions, eliminating all desire for revenge and ill will toward them.

We can reach forgiveness through a series of processes:

- Bring out the anger
  - Write about the harm that was done to us
  - Try to understand the person's motive for harming us
- Become willing to forgive them
  - List the negative effects that we have from our anger
  - Realize how resentment gives them control over our feelings
  - Weigh the negative effect on us against holding the resentment
  - Make a decision to let go of the resentment
- Work toward forgiveness
  - Pray for the person every day for a month
    - Pray for blessings for them, such as health, prosperity, love
  - Do kind deeds for the person
  - Let go of the bad feelings when they arise
- Achieve forgiveness
  - Be grateful for the freedom from anger and ill feelings
  - Continue to deal kindly with the people you have forgiven

When anger arises about the person that you are trying to forgive, pray for them some more. Remind yourself to let go of the anger, because it is harming you and taking away your joy and peace.

by Bob McD - Chattanooga, TN

## TRADITION EIGHT – “*Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*”

*“The difference between professionals and special workers should be clearly defined. Professionals work in specific professions that do not directly service NA, but are for personal gain, Professionals do not follow the NA Traditions, Our special workers, on the other hand, work within our Traditions and are always directly responsible to those they serve, to the Fellowship.”*(p. 69-70, Basic Text, Fifth Edition)

*In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrics, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employ professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.*  
From A Guide to Local Services in NA

Tradition Eight is about humility, prudence, anonymity and integrity.

Humility comes from an NA group not pretending to be anything more or less than it is. Humility is also exercised when we admit we may need to employ outside help from professionals. NA hires “special workers” to fulfill duties that volunteers may not be able to handle on their own. “By exercising prudence, we can distinguish between those tasks requiring the support of special workers and those we can fulfill voluntarily.”(p.188, It Works How and Why)

The thing that sticks out the most for me about this tradition is anonymity. I am an addict, nothing more and nothing less, when I enter a meeting of Narcotics Anonymous. “Tradition Eight reminds us that our members need no professional credentials to be effective in carrying the NA message” (p.185 It Works How and Why). It's all about one addict helping another. It is our own personal experiences in our disease and more importantly, in our recovery, when shared with others, that makes this thing work. Sharing the experience strength and hope, not other people's case histories or things we've read in text books that keeps the NA program growing so strong.

The integrity involved in this tradition comes from the basic ideal of the program which is “the therapeutic value of one addict helping another is without parallel”. “The Eighth Tradition is a firm, permanent commitment on the part of each NA group to steadfastly maintain the feature of our program that is, indeed, of foremost value.”

## Puzzle

### STEP EIGHT

T G N I A P H G C M D P A N Z I B D D L	ACCURATE	FINISHED	MAJOR
T K S Z Y A R V T G O K L K R Q W R H O	ACTIONS	FORGIVE	MAKE
H T A E D I O O F R F D A D H O J K Y O	ALL	FREEDOM	MENTAL
G A T D F J B E C E U F E W E W J T M K	AMENDS	GOALS	MUST
I V L A T N E M W E A H D E S F S A F P	BEGIN	GROUP	NEVER
E X I N V R G O A L S R W N R E I W M M	CLEAR	GUILT	OWE
M L U Q G N I L L I W S O F N F Q N A X	CRUCIAL	HARD	PAIN
X A G E G F N V N W Y I T O O P J K E T	DAMAGE	HARMED	PAST
J I D F N B E I V N T S H H V R E W S B	DEAL	HELP	PERSONS
L C K E S D F T E C U L A S T J G I N L	DEATH	HONESTY	PROCESS
A U J E E S H D A M A G E R P R L I E E	DEFINE	HUMILITY	PURPOSE
O R H M G M O X H R V K O V O L Q P V V	DEGREE	HURT	REAL
R C R G Y T I L I M U H M U A J W J E E	DENY	JUDGE	RISK
L A S D F T S W S V S C P I E Q U H R I	EFFECT	KNOW	SHORT
H A A N C W A A W T R V C S T W V D K L	EIGHT	LAST	STEP
F F E E O E B M P A E N O A C C D N G V	END	LIE	TEST
F E F R H S T S E T A P H L X W I R Q E	FAULTS	LIST	THINK
E F D E G K R L F N R Y E E D H O V A C	FEAR	LOOK	VICTIM
E S D F E R C E I U D B L E T D S N J H	FEEL	LOSS	WILLING
V P S T L U A F P X C S P F R R I S K K	FINANCIAL	MADE	WORDS

By AD

All of the words are taken from Step 8 in the Basic Text pages 36-38

I hate meetings. I hate watching you find a higher power. I hate everyone who participates in a program of recovery. To all that come in contact with me, I wish you suffering and death. Allow me to introduce myself: I am the disease – cunning, baffling, powerful and patient. I have killed millions and I am pleased.

I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me? I was there.

I love to make you hurt. I love to make you cry. Better yet, I love to make you so numb you can neither hurt nor cry. When you can't feel anything at all, that is my true glory. I will give you instant gratification and all I ask of you is long suffering. I've been there for you always. When things were going right in your life, you invited me in. You said you didn't deserve these things and I was the only one who would agree with you. Together we were able to destroy all good in your heart and life.

People don't take me seriously. They take heart attacks seriously, strokes seriously, even diabetes they take seriously. Fools that they are, they don't know that without my help, many of these things would not be made possible. I am such a hated disease and yet I don't come uninvited. You must choose me.

So many have chosen me over reality and peace. More than you hate me, I hate all of you who follow the Twelve Step Programs. Your meetings, your Higher Power, all weaken me and I cannot function in the manner to which I am accustomed. Now I lie here quietly. You don't see me, but I am growing bigger, bigger than ever! When you just exist, I live. When you live, I only exist. I am here.....And until we meet again, if we meet again, I wish you long suffering and death.

Signed  
Your Disease

## August Birthdays

Fred S.	08-02-07	3 years
Mike L.	08-02-06	4 years
Patrick G.	08-04-05	5 years
Byron W.	08-07-07	3 years
Kameron C.	08-08-07	3 years
Terria N.	08-08-06	4 years
Dean M.	08-08-88	22 years
Shannon H.	08-09-07	3 years
Rick R.	08-09-06	4 years
Vada J.	08-11-87	23 years
Anthony R.	08-12-06	4 years
Brenda B.	08-13-07	3 years
Gilbert C.	08-16-07	3 years
Rachel H.	08-16-06	4 years
Karen R.	08-16-06	4 years
Stephanie A.	08-16-04	6 years
Greg P.	08-17-05	5 years
Amber W.	08-18-06	4 years
Mike V.	08-18-06	4 years
Mark H.	08-19-07	3 years
David C.	08-20-07	3 years
Javier V.	08-20-07	3 years
Jerry P.	08-20-06	4 years
Carlos C.	08-20-91	19 years
Angelica	08-21-06	4 years
Dave H.	08-21-05	5 years
Brian A.	08-23-06	4 years
Happy Mike	08-23-92	18 years
Holly B.	08-24-95	15 years
Kim	08-24-87	23 years
Daryl M.	08-28-06	4 years
James D.	08-28-05	5 years
Jimbo	08-28-94	16 years
Jennifer D.	08-29-06	4 years
Michael T.	08-30-06	4 years
Andrew C.	08-31-07	3 years

**BIRTHDAYS - please send your  
birthday to [NAcleantimes@hotmail.com](mailto:NAcleantimes@hotmail.com)**

Or give it to your GSR

Or mail to Clean Times, PO Box 519, Hemet, CA 92546



The current month's birthdays are listed in their entirety. Since the newsletter comes out mid-month, birthdays in the following month, up to mid-month, are published.

## Early September Birthdays

Dan M.	09-01-07	3 years
Robin	09-01-98	12 years
Dennis R.	09-03-07	3 years
Laura	09-03-03	7 years
Dolly M.	09-03-92	18 years
Lynne	09-04-07	3 years
Mary F.	09-06-07	3 years
Kathy	09-06-06	4 years
Michael D	09-07-06	4 years
Jeff C.	09-07-04	6 years
Denise W.	09-09-06	4 years
Laura F.	09-09-05	5 years
Denise B.	09-09-05	5 years
Cynthia J	09-11-07	3 years
Fawn	09-11-04	6 years
Maggie S.	09-11-02	8 years
Rick V.	09-12-07	3 years
Rachael	09-12-04	6 years
Bryan	09-12-92	18 years
Dennis B.	09-13-90	20 years
Steve P.	09-13-84	26 years
Andy A.	09-14-06	4 years
Mike B.	09-14-02	8 years
Laura	09-15-93	17 years

## Down but Not Out

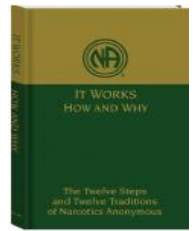
Life on life's terms had brought me to my knees and broke my spirit. I walked with the thought of just one more hit.... just one more drink... just one more... I could always come back.

But through working all 12 steps I realized I am an ADDICT and one more could and probably would have killed me. I struggled through the chaos in my mind and through drumming, fitness, and applying the 12 steps in my life.

I make it through this moment of weakness. I walk another day among the living. I carry the torch in a dark place for those who are lost in the dark, so that they can find their way because of my experience, strength, and hope.

Just for today, I will live the NA way because I have never seen a brother or sister fail that lives the program on NA.

Scotte



## Upcoming World Convention

### WCNA-34

34th World Convention of NA  
1-4 September 2011  
San Diego Convention Center  
**San Diego, CA**

*"DEAR DINO" is making a comeback to the NA Clean Times Newsletter! Please send in recovery related questions for our anonymous "Old Timer" to answer for you. These may be questions regarding your recovery struggles, requests for clarity on Steps, Traditions and Concepts or any other recovery related issues that you may want input on. Dino is standing by ready to serve you!*